lifepro®

VibraFlow Plus™

Foot Massager

User Manual

Customize Your Massage

Supports alleviating pain, improving flexibility, promoting circulation, and more.



Hello There!

Joel and I are athletes who suffered from severe ACL injuries a few months apart. We purchased multiple pieces of wellness equipment for our in-home rehab but were left disappointed and frustrated by wellness and recovery devices that made big promises but gave no support, no well-thought-out plan to follow, and no results. And that's how Lifepro came about, and why the Wellness collection was created–we've set out to change all of that. It's why every piece of equipment bearing our name not only undergoes rigorous scrutiny to make sure it delivers on power and efficacy, but also comes with built-in support from our 'guiding angels' and a built-in lifetime warranty so that you're never left hanging.

Welcome to Lifepro.

We're in this together now.

Abe & Joel

Scan Here to Join Our Community!

We want you to be a part of our Lifepro crew! Join our VIP Facebook Group and connect with people around the world who are out there killing it, just like you.

YOUR FITNESS, YOUR WAY.

What's in the Box?



Lifepro VibraFlow Plus Foot Massager



Remote Control



VibraFlow Plus Mat



Power Cord

CUSTOMER SUPPORT

If you have any questions about setting up the VibraFlow Plus, we're here to help. Email us at *support@lifeprofitness.com* and an experienced customer support representative will be happy to assist you.

Intended Uses

This product is intended to be used:

- On a flat, non-slip, surface.
- By adults in good health.
- While seated on a sofa or chair with a back rest.

Quick Start Guide

Scan Here →

Use any of the QR codes in this manual for helpful instructions, tutorials, and other resources curated specifically for you and your VibraFlow Plus.

1 | PREP

1. Read through all safety instructions before beginning your first session.
2. Remove all packaging, including the protective film from the control panel.
3. Remove the battery cover on the back of the remote control and install 2 AAA batteries. Replace the back cover on the remote.

NOTE: Be sure to insert the batteries according to the polarity markings inside the battery compartment.

1. Remove your shoes and socks, and roll your pant legs up and out of the way.
2. Wash and dry your feet.

2 | POWER

1. Place the VibraFlow Plus on a flat non-slip floor in front of a sofa or sturdy chair with a back.
2. Plug the power cord into the power cord jack on the side of the massager.
3. Plug the power cord into a standard electrical outlet.
4. Flip the power switch on the side to the ON position. The control panel will show, "----" and the VibraFlow Plus will beep.

3 | START

1. Sit down and place your feet on the foot pads.
2. Press the Power button to turn on the VibraFlow Plus.
3. Select a preset massage program or create a custom massage. Press the Start/Stop button to begin the massage.
4. Go to the OPERATING INSTRUCTIONS on pages 08-09 for detailed instructions.

DID YOU KNOW?

VibraFlow Plus' wide range of benefits may include:

- Reduced pain
- Improved joint flexibility
- Improved blood circulation
- Decreased stress

Scan Here → *Activate Your Warranty*

Scan the QR code to activate the lifetime warranty for your VibraFlow Plus within 14 days of purchase.

QUESTIONS?

We're here to help! Email us at *support@lifeprofitness.com*

Tips for Using the VibraFlow Plus

- Start at the lowest speed and increase the speed level gradually.
- If you have sensitive feet, use the lowest massage speed to avoid discomfort. Additionally, you may choose to wear socks during use.
- Use the remote control to adjust the massage program once it has begun. Using the control panel while the massager is working could result in an accident or injury.
- Drink plenty of water before and after use.
- Do not use continuously for more than 20 minutes.
- The heat function's temperature range is 108–113° F. When the heat function is turned on, it takes about 3–5 minutes to reach temperature.
- Foot massage can have a stimulating effect and prevent sleep, so it's best not to use the VibraFlow Plus right before bedtime.
- Stop using if you feel tired or dizzy, or if you experience pain.
- Do not use on wet, dirty, or sweaty feet or calves. Always wash and dry your feet and calves thoroughly before use to keep the massager clean.
- Place the included mat under the massager to reduce sound when using the machine on hard flooring.
- Excessive force or weight applied to the massager can crush or damage it. Do not sit or stand on the massager.
- See the Troubleshooting Guide on pages 14–15 for common questions you may have while using your VibraFlow Plus.

Cleaning and Storage

⚠ **WARNING:**

Always unplug the power cord and allow the machine to cool before cleaning, moving, or storing.

- Use a slightly damp cloth to wipe away dirt or moisture after each use.
  ⚠ **WARNING:** Do not allow water or other liquids to come into contact with the machine. Do not immerse it in water or other liquids.
- Do not use harsh detergents or abrasive, solvent, or chemical cleaners.
- Store in a cool, dry, indoor location. Store in a well-ventilated area, free of dust, and out of direct sunlight.
- When storing for a long time, remove the batteries from the remote control and cover the machine to keep out dust and dirt.

NOTICE

- This product is intended for in-home use only. Do not use the product in any commercial, rental, institutional, or therapeutic setting. This product is intended for indoor use only.
- Dispose of the product and all parts according to local and federal regulations.
- Unplug the machine immediately in the event of a power failure.
- Keep sharp objects away from the product to avoid damaging it.
- Do not attempt to disassemble or repair; this machine contains no user-serviceable parts.

Operating Instructions

Scan Here →

Scan now to learn more about your VibraFlow Plus.

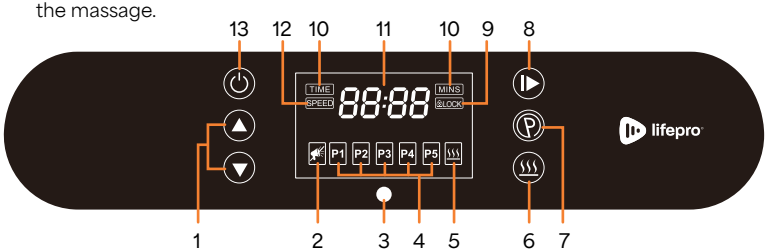
Please read the operating instructions before using the VibraFlow Plus Foot Massager. Keep this manual for reference.

USING THE CONTROL PANEL

1. **Speed/Time ▲ and ▼ Buttons:** Tap to set the time for a manual massage session from 1-15 minutes in 1-minute increments. Tap and hold to increase or decrease the speed quickly. Once the massage has begun, press to adjust the massage speed from 1-30.

NOTE: We recommend using the remote control once the massage has started instead of the control panel.

2. **Mute LED:** When the LED is lit, the system sounds are muted. When the LED is off, the system sounds are on.
3. **Receiver:** Infrared receiver for the remote control. For best results, point the remote control directly at the receiver from no more than 6 feet away.
4. **Preset Program LEDs (5):** The LED for the selected program (P1-P5), lights up.
5. **Heat LED:** When the LED is lit, the heat is on.
6. **Heat Button:** Turn heat on and off. Heat is off by default.
7. **Program/Mode Button:** Tap to toggle through the 5 preset massage programs (P1-P5). See **CHOOSING A MASSAGE** on pages 10-11 for more details. When no preset LED is illuminated, manual mode is on.
8. **Start/Pause Button:** Tap to start the selected preset program or manual massage. Tap again to pause the massage. Tap a 3rd time to resume the massage.

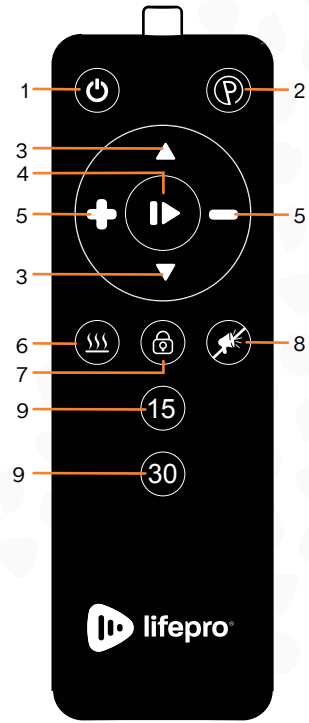


9. **Lock LED:** When the LED is lit, tap a 3rd time to resume the massage.
10. **Time/Mins LEDs:** When the LEDs are lit, the display window shows the time.
11. **Display Window:** Shows the current massage speed or time.
12. **Speed LED:** When the LED is lit, the display window shows the speed.
13. **Power Button:** Tap to turn the massager on and off.

NOTE: Speed and time cannot be adjusted for preset programs.

USING THE REMOTE CONTROL

1. **Power Button:** Press to turn the massager on and off.
2. **Program Button:** Press to toggle through the 5 preset massage programs (P1-P5). See **CHOOSING A MASSAGE** on pages 10-11 for more details. When no preset LED is illuminated, manual mode is on.
3. **Speed ▲ and ▼ Buttons:** Press to adjust the vibration speed after a manual massage has begun, from level 1-30.
4. **Time + and - Buttons:** Press to increase or decrease the manual mode massage time, from 1-15 minutes, in 1-minute increments. 15 minutes is the default.
5. **Start/Pause Button:** Press to start the selected preset program or manual massage. Press again to pause the massage.
6. **Mute Button:** Press to mute/unmute system beeps. System sounds are on by default.
7. **Heat Button:** Turn heat on and off. Heat is off by default.
8. **Lock Button:** Press to lock/unlock the control panel buttons. Buttons are unlocked by default.
9. **Quick Speed Buttons (2):** Press **15** to go to medium speed (level 15) or **30** to go to high speed (level 30).

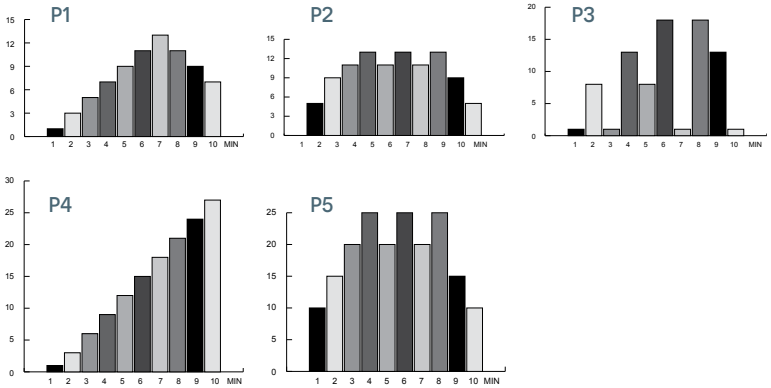


NOTES:

- For best results, point the remote control directly at the receiver from no more than 6 feet away.
- Speed and time cannot be adjusted for preset programs.

CHOOSING A MASSAGE

You can select from 5 preset massage programs (P1-P5) or create a custom massage in manual massage mode.



Starting a Preset Massage Program

You can select from 5 preset programs: P1-P5. Each preset massage program is 10 minutes long and uses varying massage speeds, from level 1-30, to soothe your feet and calves. Some preset programs also use heat to help boost relaxation.

Use the remote control to start a preset massage program:

1. Press the **Power button** to turn on the control panel. The display window will show "15:00" indicating the 15-minute manual massage program which is selected by default.
2. Press the **Program button** to toggle through the 5 preset massage programs: P1, P2, P3, P4, P5. The LED for the selected program will light up on the control panel. The program can be changed at any time.
3. Press the **Heat button** to turn the heat on or off. The heat LED lights up when the heat is on.
4. Press the **Start/Pause button** to activate the selected preset program.
5. The massage will stop automatically when the 10-minute preset massage time ends. You may press the **Start/Pause button** on the remote at any time to pause or stop the massage.
6. Flip the power switch to the OFF position and unplug the machine after each use.

NOTE: Speed and time cannot be adjusted for preset programs.

Creating a Custom Massage

In manual massage mode, you can create a custom massage program. The time may be set from 1-15 minutes, and the massage speed may be adjusted from 1-30 at any time.

Use the remote control to create a custom massage in manual mode:

1. Press the **Power button** to turn on the control panel. The display window will show "15:00" indicating the 15-minute manual massage program, which is selected by default.
2. Press the **Heat button** to turn the heat on or off. The heat LED lights up when the heat is on.
3. Press the **Start/Pause button** to activate the manual massage program. The vibration will activate at speed level 1.
4. Adjust the massage speed at any time during the massage; the selected speed will show in the display window:
   a. Press the **Speed ▲ and ▼ buttons** to increase or decrease the speed from 1-30.
   b. Press the **Quick Speed buttons** to select high speed (level 30) or medium speed (level 15).
5. The massage will stop automatically when the set massage time ends. You may press the **Start/Pause button** on the remote at any time to pause or stop the massage.
6. Flip the power switch to the OFF position and unplug the machine after each use.

CHOOSING A MASSAGE POSITION

The VibraFlow Plus has 6 position-adjustment legs and a tilt bar under it which allow you to tilt the massager forward and backward to reach different areas of your feet and calves.

Massaging Your Feet and Arches

1. Sit on a sofa or sturdy chair with a back, with the VibraFlow Plus in front of you.
2. Ensure to position the VibraFlow Plus so the foot pads are facing you and the control panel points up.
3. Place your feet on the foot pads to massage the bottoms of your feet. See *Figure 1*. Place your feet over the arch massager to massage your arches. See *Figure 2*.



Figure 1



Figure 2

4. You may wish to alternate between these 2 positions or slide your feet slowly and rhythmically up to the arch massage position until your feet completely relax.

Using the Tilt Bar

1. Locate the tilt bar under the massager, and pull it down to extend it. See *Figure 3*.
2. Sit on a sofa or sturdy chair with a back, with the VibraFlow Plus in front of you.
3. Ensure to position the VibraFlow Plus so your toes are pointing towards the control panel.

NOTE: You may need to move the massager closer to you.



Figure 3

Massaging Your Calves

1. Sit on a sofa or sturdy chair with a back, with the VibraFlow Plus in front of you.
2. Place the VibraFlow Plus on the 4 position-adjustment legs at the top of the device, so that the control panel points towards the floor.
3. Place your calves on the foot pads as shown in *Figure 4*.



Figure 4

SOUND-REDUCING MAT

When using the massager on hard flooring, you can place the included mat underneath it to reduce the vibration sounds.

Troubleshooting Guide

Quickly troubleshoot simple issues you might experience with the VibraFlow Plus Foot Massager using the table below. Please contact a customer support representative for additional assistance at *support@lifeprofitness.com* or (800) 563-6604. Please do not attempt to repair the machine.

ISSUE	POSSIBLE REASON	HOW TO RESOLVE
Machine is not working.	Machine is not connected to power.	Plug the power cord into the power jack on the side of the machine. Plug the power cord into an electrical outlet.
	Machine is not turned on.	Make sure the power switch is in the ON position. Press the Power button on the control panel or the remote control to turn on the machine.
Remote control is not working.	Remote is too far away from the infrared receiver on the control panel.	Point the remote directly at the infrared receiver from no more than 6 feet away.
	Batteries are dead.	Replace the dead battery with new AAA batteries.
	Batteries are installed incorrectly.	Check to see if the battery is installed in the correct direction.
Machine stopped working suddenly.	The selected preset program or manual mode massage has ended.	Begin a new massage session.
Massage is too strong.	Massage speed is set too high.	Select a lower massage speed.
	Feet may be sensitive.	Put on a pair of thick socks.
	NOTE: Massage intensity is very subjective and may feel quite different from person to person.	
Massage is too weak.	Massage speed is set too low.	Select a higher massage speed.
	NOTE: Massage intensity is very subjective and may feel quite different from person to person.	
Heat is too hot.	Skin may be sensitive.	Turn the heat off for 5 minutes.
	Motor may have been working for a long time.	Turn the massager off and allow to cool for at least 15 minutes.
	Temperature is very subjective and may feel different from person to person.	Try wearing a pair of thin socks to help decrease the intensity of the heat you feel.
Heat is not hot enough.	Heat function is off.	Press the heat button to turn on the heat function.
Faint sound is heard while using massager.	Massager is working.	This is a normal sound made by the motor.

Product Specifications

UNIT SPECS	
Size: 15.35 × 13 × 10.7 in | 39 × 33 × 27.18 cm	Net Weight: 14.6 lbs. | 6.62 kg
Max Weight Capacity: 66.1 lbs. | 30 kg	Power: 100 W
Voltage: 110-120 V	Decibel Rating: 35-45 dB
Speed Levels: 30	Auto Programs: P1-P5
Operating Temperature: 32-104°F | 0-40 °C	Battery Required: 2 AAA Batteries

Made in China

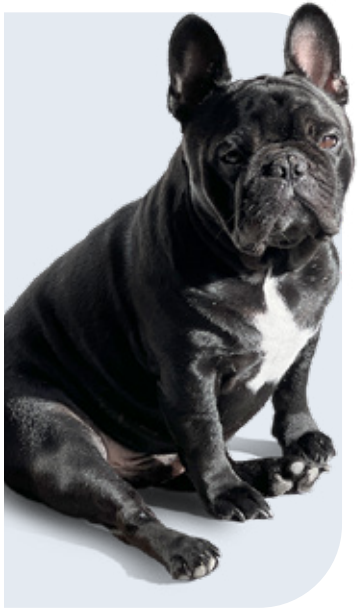


From Our Wellness Collection:

AllevaRed Light Therapy Belt



Experience the power of red and near-infrared light from the comfort of home. The AllevaRed Belt combines 660nm red and 850nm NIR wavelengths to deliver targeted light to both surface and deeper layers–***supporting relaxation, revitalization, and overall well-being.*** A simple way to elevate your self-care routine.



What it does best:

SUPPORTS DAILY COMFORT

AIDS ACTIVITY RECOVERY

ENHANCES RELAXATION

Smart & Customizable

Choose from 100 light intensity levels and 3 light modes, plus an optional pulsed-light setting for a tailored session.

Versatile Design

Use on your back, arms, legs–even your pet for gentle self-care, anywhere.

Safety Instructions

Before using this product, read all safety warnings and operating instructions. Failure to do so may result in burns, fire, electric shock, serious injury or death, or damage to the product or property. *Keep this manual in a safe place for future reference.*

INTENDED USE

- This product is not intended to be used:
  - If you are or may be pregnant.
  - With wet, dirty, or sweaty feet.
  - If you have recently injured or had surgery in the treatment area.

CONTRAINDICATIONS

- This product is intended for use by people in good health.
- Do not use this product if you:
  - Have a fever or an infection, or if you have acute inflammation, mycosis, or an open or bleeding wound in the treatment area. Do not use directly on bruised, swollen, or inflamed skin.
  - Are pregnant or suspect you may be pregnant.
  - Have a defibrillator implant, a pacemaker, cochlear implant, intrathecal pump, or other electronic medical implant that could be impacted by electromagnetic waves.
  - Have osteoporosis, or if you have recently fractured a bone, injured a joint, or had surgery in the treatment area.
  - Have deep-vein thrombosis, deep thrombophlebitis, thrombophilia, erysipelas, pulmonary edema, or another blood clot disorder.
  - Have vertigo or positional dizziness, balance impairments, or if you are taking drugs that affect balance.
  - Have congestive heart failure, severe hypertension, arrhythmia, cardiac dysrhythmias, severe cardiac disease, heart failure, or acute myocardial infarction.
  - Have acute migraines, retinal detachment, of if you have recently had LASIK or PRK eye surgery.
- Consult with your physician before using this product if you:
  - Are under the care of a physician for a pre-existing health condition or have any concerns about your health.
  - Have diabetes (type 1 or 2), poor blood circulation, peripheral neuropathy dysfunction, insensitivity to heat, or sensory deficiencies, including an impaired ability to sense external temperature or elevated body temperature.
  - Have heart or vascular disease, a blood circulation disorder, chronic hypertension, abnormal blood pressure, if you are receiving treatment to normalize your blood pressure, if you recently had a heart attack, if you have had bypass surgery, if you suffer from obesity, or if you have mobility issues.
  - Have recently had a concussion or if you have epilepsy or seizures.
  - Have a medical implant, such as metal pins, rods, or artificial joints, in the treatment area.
  - Have, or suspect you may have, a tumor or cancerous lesion, or if you have recently received radiation or chemotherapy.

DISCLAIMER

- This product is not a medical device. This product and the information in this manual are not intended to diagnose, treat, cure, or prevent any disease or medical condition. The health benefits suggested or implied in this manual, other product literature, and company website are not certified or endorsed by any regulatory authority or medical institute. The information in this document is not a substitute for expert medical care or advice.
- The use of this product is entirely at the user's discretion. Please read all instructions and safety information carefully before using this product. We assume no responsibility and expressly disclaim any and all liability for personal injury, death, or property damage or loss sustained through improper use, failure to follow the instructions and warnings in this manual, inadequate or improper maintenance, or neglect of this product.
- It is the responsibility of the owner to ensure that all users of this product are adequately informed of all warnings and cautions.
- Use this product only as instructed in this manual.

⚠ WARNING:
CHOKING HAZARD - SMALL PARTS.
Not for children under 3 years.

⚠ WARNING

To reduce the risk of burns, fire, electric shock, serious injury or death, or damage to the product or property:

- Only use the provided power cable at the specified voltage. Using a power cable other than the one provided, or using a power outlet that does not meet the listed specifications, may result in fire or explosion.

- Only plug the machine into a properly grounded wall outlet, installed by a certified electrician. Do not use with an extension cord.
- Keep away from flammable or explosive items, chemicals, fire, and heat sources. Do not operate in high temperatures or direct sunlight. Never use the product under a blanket or pillow. Excessive heat can potentially cause fire, electrocution, or injury to people or property.
- Do not block ventilation ports to avoid overheating. Keep ventilation ports free from dust and debris.
- Do not operate in the presence of aerosol (spray) products or corrosive gases, or where concentrated oxygen is being administered.
- Do not use outdoors, in high-moisture environments (such as a bathroom, a damp basement, or near a swimming pool or hot tub), or in any place where the product may become wet to avoid electric shock. Do not immerse the product in water or other liquids.
- Do not use this product with any other electronic devices or accessories, such as adapters or transformers, adapters, or speed control devices, to avoid, electric shock or injury, or product malfunction.
- Never bend, tie, pull, or twist the power cable. Unplug the power cable by holding and pulling the plug itself, not the cord. Do not wrap the power cord around the machine. Keep the power cord away from sharp objects.
- Never operate the machine or plug in, or unplug the power cord with wet hands.
- Do not disassemble, modify, tamper with, damage, or drop, the product, power cables, or remote control. This product has no user-serviceable parts.
- Ensure remote control batteries are inserted according to the polarity marking in the battery compartment. Incorrect installation may cause battery leakage and corrosion. Avoid contact with all battery residues, clean remote with a cotton swab, wash hands thoroughly, and dispose of old batteries properly.
- Only replace the remote control batteries with new AAA batteries.
- Never leave the machine unattended while it is running or plugged in. Always unplug the power cord when the machine is not in use.
- Before each use, inspect the product, power cable (the cable, connector, and wall plug), and remote control for damage, wear, or fraying. Discontinue use and contact customer support if the product appears to be malfunctioning or damaged, or if the electrical components have been exposed to water.
- Do not use during electrical storms.swab, wash hands thoroughly, and dispose of old batteries properly.
- Only replace the remote control batteries with a new AAA battery.
- Never leave the machine unattended while it is running or plugged in. Always unplug the power cord when the machine is not in use.

- Before each use, inspect the product, power cable (the cable, connector, and wall plug), and remote control for damage, wear, or fraying. Discontinue use and contact customer support if the product appears to be malfunctioning or damaged, or if the electrical components have been exposed to water.
- Do not use during electrical storms.

⚠ CAUTION

To reduce the risk of minor or moderate injury, or damage to the product or property:

- Do not use for more than 20 minutes at a time.
- Check the treated areas frequently and stop immediately at the first sign of pain or discomfort, or if you begin to feel unwell.
- Never place your head directly on the machine.
- Use the remote control to adjust the massage program once it has begun. Using the control panel while the massager is working could result in an accident or injury.
- This product is for adult use only. Do not allow children to play with or on the machine; this product is not a toy.
- Keep children and pets away from the product at all times. Never leave children unattended in the same room with the product.
- This product is not intended for use by people with reduced physical, sensory, or mental capabilities unless supervised by a responsible adult.
- This product is intended for foot and leg massage only. Do not use on your head, abdomen, or other body parts not described in this manual.
- Never use the product while under the influence of drugs or alcohol.
- Only use the product while seated in a chair. Do not sit or stand on the massager to avoid malfunction or damage to the product.
- Use the product only on a flat, sturdy, non-slip floor.
- Place in a location away from traffic where it will not create a tripping hazard.
- Do not perform other activities while using the product to avoid injury.
- Keep hair, hands, feet, and clothing away from all openings and moving parts.



Lifetime Warranty

Lifepro Fitness creates quality, durable exercise products and we stand by that quality with a lifetime warranty on all of our products.

If your product ever breaks (and we doubt it will), we'll send you replacement parts and show you how to repair it. If the product cannot be repaired, we'll replace it–free of charge.

Register the VibraFlow Plus™ at *vibraflowplus.lifeprofitness.com* to activate your warranty within 14 days of purchase.

VibraFlow Plus™

Foot Massager

A CUSTOM MASSAGE,

IN THE COMFORT OF YOUR OWN SPACE



ENCOURAGES JOINT FLEXIBILITY



AIDS RECOVERY



ENHANCES RELAXATION



PROMOTES CIRCULATION

lifepro®

Congratulations on your purchase!

We're excited to be part of your wellness journey.

Scan the QR code to enjoy 15% off your next Lifepro® product.

Meet Our Best Seller!

AllevaRed Light Therapy Belt

Promote whole-body wellness by using the AllevaRed where you need it most.



Targeted Red and Near-Infrared Light Technology

Targeted red light support for daily wellness and recovery. Designed for on-the-go relaxation and ease—helping you stay mobile, refreshed, and ready for what's next.

*Discount valid on purchases of $150 or more.

Lifeprousa Lifeprousa support@lifeprofitness.com